

# Characteristics of a Healthy Relationship

- 1. We are responsible for our own individual happiness.** In a truly vibrant and healthy relationship, neither partner expects the other to be the source of all their happiness in life.
- 2. Neither person is really trying to control or “fix” the other person.** One doesn’t try to force the other to change or be anything different from who they are. Change isn’t going to happen through nagging or force.
- 3. The relationship is balanced.** No one person has any more power over decisions made as a couple than the other. Both people have an equal say and respect each other.
- 4. Conflicts are dealt with head-on and then we move on** In a healthy relationship, conflict is seen as an opportunity to learn and grow. Both sides openly share their feelings and views honestly and with respect.
- 5. Feelings are shared honestly and openly.** People share their genuine feelings with one another freely. Both partners respect and accept the other’s feelings.
- 6. Each person makes time to take care of themselves.** Self-care is an absolutely vital component for a healthy relationship. We know that if we don’t take care of ourselves and do things for ourselves we will be unavailable.
- 7. Both partners are willing to put the relationship before themselves.** In a healthy relationship, both partners are able and willing to consider their partner when making decisions.
- 8. We accept that they’re not going to agree on everything.** In a healthy relationship, both partners know that it is perfectly okay to agree to disagree.
- 9. They both truly value the relationship.** Both partners are loyal to one another and willing to work through conflicts together.
- 10. They want to be together simply for the sake of being together.** Security isn’t a primary motivation to be in the relationship, as the motivation of genuine love runs so much deeper than security

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